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ABSTRACT

This document consists of a learning activity packet (LAP) for the student and an instructor's guide for the teacher. The LAP is intended to acquaint occupational home economics students with the uses for and types of stocks and also gives information on how to cook, cool, and store stocks. Illustrated information sheets and learning activities are provided in these areas: stock (types of and how to cook), preparing the major stocks, and cooling and storing stocks. The instructor's guide begins with an instructional matrix in which the information sheets and written activities contained in the LAP and the written test items included in the instructor's guide are cross-referenced to the knowledge objectives addressed by the materials. This is followed by a series of notes to instructors on the LAP series and suggested instructional procedures for use in conducting individual and group enrichment activities. A unit test and answer key are included. (MN)

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LEARNING ACTIVITY PACK

5.10a

SECTION 5

Preparing Stocks

Basic Food Preparation

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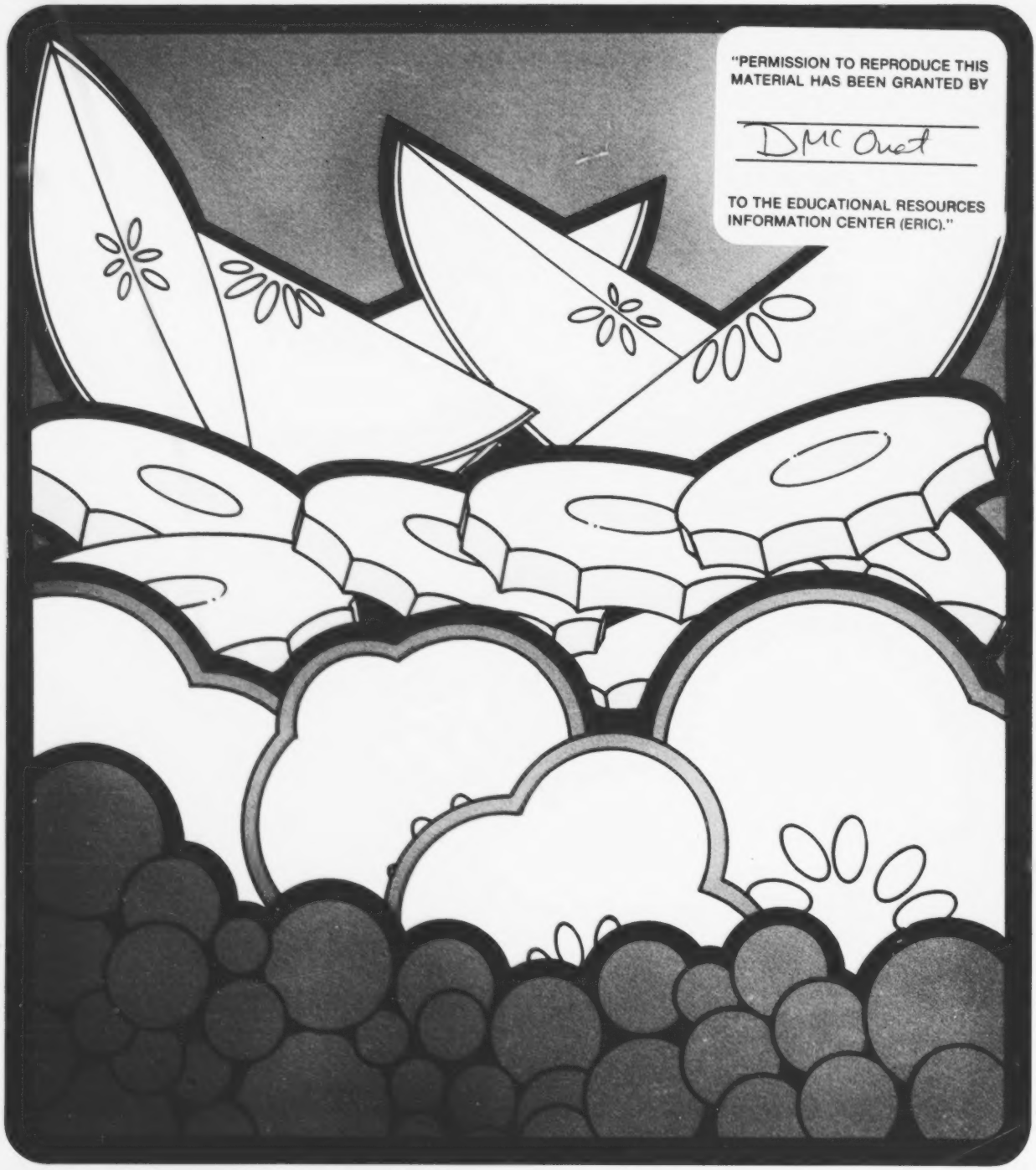

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For further information, contact:
Research Coordinating Unit
Bureau of Program Improvement
Division of Vocational, Adult, and Community Education
Department of Education
Knott Building
Tallahassee, FL 32301

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COMMERCIAL FOODS AND CULINARY ARTS COMPETENCY-BASED SERIES

LEARNING ACTIVITY PACK

5.10a

SECTION 5

Preparing Stocks

Basic Food Preparation

State of Florida
Department of Education
Ralph D. Turlington, Commissioner of Education
Tallahassee, Florida
Affirmative action/equal opportunity employer

Division of Vocational, Adult, and Community Education

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Romeo Massey, Project Manager

Catherine P. Fulford, Shahrokh Massoudi, Hilary L. Morris, and Margaret Van Every, Instructional Designers

Margaret Barlow, Ellen Wells, and Charles Silverman, Writer/Editors

John Francis, Visual Designer

Gary Carroll, Deborah Green, and Fred Clark, Illustrators

These materials are endorsed for use in training commercial foods and culinary arts workers by the **Florida Restaurant Association's Education Foundation**.

Purpose and Contents

Purpose

The purpose of LAP 5.10a is to describe the uses and types of stocks. It also gives you information on how to cook, cool, and store stocks. Stocks provide a basis for most soups, sauces, and gravies. The quality of the stock will show through in the foods you prepare.

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Introduction

Written Test

You will be able to pass the written test for LAP 5.10a when you can successfully complete the following:

1. Match a list of vocabulary words with their definitions. (At least 9 out of 10 must be correct.)

2. Choose the correct phrases to complete statements about stocks. (At least 10 out of 12 must be correct).

3. Choose the correct words or phrases to complete statements about preparing stocks. (At least 9 out of 10 must be correct.)

4. Choose the correct words or phrases to complete statements about cooling and storing stocks. (All 4 must be correct.)

If you feel you already know enough to pass the written test for LAP 5.10a before studying it, talk with your instructor.

Skills Test

You will be able to pass the skills test for LAP 5.10a when you complete the following successfully:

1. Cook stock. The stock must be the correct color and free of scum, food particles, grease, and salt. It must have a rich, thick, fresh flavor.

2. Cool and store stock.

REMEMBER . . . Your final performance will also be judged on how well you:

- organize your work area for efficient production before starting,

- follow the steps correctly in the right order, and

- clean your work area when you are finished.

If you feel you already know enough to pass the skills test for LAP 5.10a before practicing the skills, talk with your instructor.

Learning Steps

To help you pass the written and skills tests for this LAP, you should follow these learning steps in order. There are two kinds of activities you will be asked to do:

Written activities will prepare you for the **written test**. They should all be done on a separate sheet of paper. The answers for these activities are in the back of this LAP. **Do not write in this LAP!**

Practice checklist activities will prepare you for the **skills test**. This will be done in the kitchen or dining area. Check with your instructor before beginning these activities.

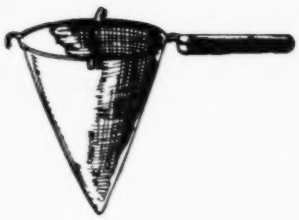
Introduction (continued)

1. Read and study **Information Sheet 1:** Vocabulary.
2. Complete **Activity 1:** Matching Vocabulary Words. Check your answers.
3. Read and study **Information Sheet 2:** Stock.
4. Complete **Activity 2:** Stock. Check your answers.
5. Read and study **Information Sheet 3:** Preparing the Major Stocks.
6. Complete **Activity 3A:** Preparing Stocks. Check your answers.
7. Complete **Activity 3B:** Practice Checklist—Cook Stock.
8. Read and study **Information Sheet 4:** Cooling and Storing Stocks.
9. Complete **Activity 4A:** Cooling and Storing Stocks. Check your answers.
10. Complete **Activity 4B:** Practice Checklist—Cool and Store Stock.
11. Get **Written Test 5.10a** from your instructor and complete it. If you are successful, go on to Step 12; if not, talk with your instructor.
12. Have your instructor evaluate you on **Skills Test** 5.10a. If you are successful, you have completed this LAP; if not, talk with your instructor.

Information Sheet 1
Vocabulary

The following words will be used in this LAP. Study the list. When you think you know all the words, test yourself by doing the Practice Activity.

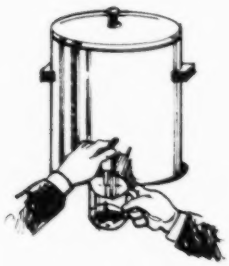
1. **extract**—to draw out, as flavor from food
2. **stock**—the liquid in which meat, poultry, or fish trimmings and bones, or vegetables have been cooked



3. **china cap**—a long, pointed metal strainer used for straining sauces, stocks, and soups

4. **sieve** (pronounced *siv*)—a fine wire-mesh strainer used for separating solid particles from liquids

5. **skimmer**—a flat, perforated disk with a long handle, used to remove grease or food particles that accumulate on the surface of stocks, soups, and sauces



6. **spigot**—a faucet; some stock pots have them

7. **sachet** (pronounced *sa'shay*)—herbs and spices tied together in a cheesecloth bag and cooked with stocks and soups for flavoring

Information Sheet 1 (continued)
Vocabulary

8. **bouquet garni**—stick-like herbs and spices tied together and cooked with stocks and soups for flavoring

9. **deglaze**—to add water to the crusted juices of browned meats so their flavor can be used

10. **mirepoix** (pronounced *mir'-pwa*)—cleaned, rough-cut raw vegetables (usually onions, celery, and carrots) cooked with stocks and roasts and removed before service

Activity 1
Matching Vocabulary Words

Directions

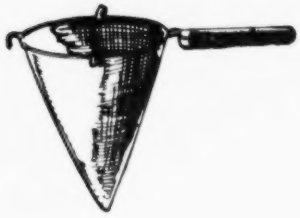
On a separate sheet of paper, write each vocabulary word and then write the correct definition, chosen from the list on the next two pages.

Vocabulary Words

1. **extract** _____
2. **stock** _____
3. **china cap** _____
4. **sieve** _____
5. **skimmer** _____
6. **spigot** _____
7. **sachet** _____
8. **bouquet garni** _____
9. **deglaze** _____
10. **mirepoix** _____

Activity 1 (continued)
Matching Vocabulary Words

Definitions

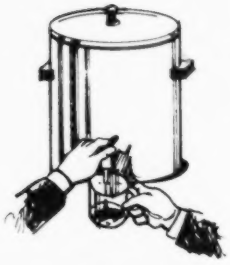


- A long, pointed metal strainer used for straining sauces, stocks, and soups

- To draw out, as flavor from food

- Cleaned, rough-cut raw vegetables (usually onions, celery, and carrots) cooked with stocks and roasts and removed before service

- To add water to the crusted juices of browned meats so their flavor can be used



- A faucet; some stock pots have them

- Herbs and spices tied together in a cheesecloth bag and cooked with stocks and soups for flavoring

- The liquid in which meat, poultry, or fish trimmings and bones, or vegetables have been cooked

- A flat, perforated disk with a long handle, used to remove grease or food particles that accumulate on the surface of stocks, soups, and sauces

- A fine wire-mesh strainer used for separating solid particles from liquids

Activity 1 (continued)
Matching Vocabulary Words

- Stick-like herbs and spices tied together and cooked with soups and stocks for flavoring

Check your answers in the back of this LAP. If you missed any, review Information Sheet 1.

Information Sheet 2
Stock

Stock is the liquid in which meat or meat bones, poultry or poultry bones, fish or fish bones, or vegetables have been cooked to extract the flavor. Stocks are the base for nearly all soups and sauces. Stock making differs from other kinds of cooking. Most food preparation requires ingredients that are young and tender. In stock cooking, however, you use very ripe vegetables and meat from older animals, because they give the strongest flavor. (*Bones* from young animals are used, though, because they contain more gelatin, which gives the stock body.) Also, in most kinds of cooking, you try to keep the juices inside the foods. But in stock cooking you try to extract all the flavor from the foods by trapping the juices in the cooking liquid.

Today, fewer food service establishments make daily stockpots than did so in the past. This is due partly to a lack of personnel and time, and also to increased labor costs. Many restaurants that used to do their own butchering now buy pre-cut and portion-controlled meats. This means that the kitchens no longer can make stock with bones unless cooks purchase bones from a packing house. Larger operations that employ their own butchers have enough bones and trimmings to make stock.

Many establishments today use manufactured bases, such as chicken base and beef base. These bases are also excellent for adding flavor to stocks made in the kitchen. Manufactured bases are made from reduced meat juices and salt. The high salt content must be considered when preparing foods using these bases.

Glace de viande is a product of reduced stock that can be made or purchased commercially. The stock is reduced by simmering away all the water that was used for extraction. This leaves a thick, gelatinous substance. The concentrated flavor is similar to that of a base but has no salt. *Glace de viande* can be used to strengthen the flavor of soups and sauces.

Whether or not a food service establishment makes its own stock, knowledge of the preparation procedures should be part of the training of cooks. It is important that each step of any procedure for making fine stock be followed with great care.

Types of Stock

There are four main stocks from which most soups, sauces, and gravies are made: brown, white, vegetable, and fish.

Beef bones are the main ingredient in *brown stock*, although other types of bones, such as veal, may be used in combination with beef bones. For color and flavor, bones are browned in the oven before water is added. Vegetables, spices, and herbs are used in nearly all stock preparations to add flavor.

White stock may be extracted from nearly any combination of beef, veal, or poultry bones that have **not** been browned. Chicken stock is the major type of white stock.

Information Sheet 2 (continued)
Stock

Vegetable stock is made from different combinations of vegetables, depending on the recipes used. Seasonings vary with the taste desired.

Fish stock is made by poaching fish and bones or shellfish in water and adding seasonings.

Any kind of meat or vegetable can be used to make stocks for specific purposes. Here are some examples:

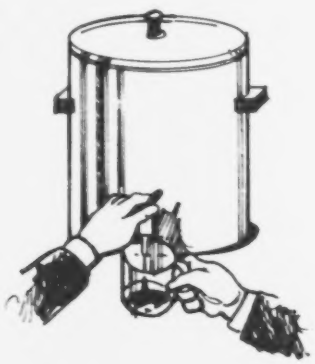
- *Turkey* can be used for soups and gravies.
- *Duckling* can be used for duckling sauces.
- *Shrimp or lobster* can be used for bisques and sauces.
- *Game* (rabbit, venison, pheasant) can be used for gravies and sauces.
- *Ham* can be used for soups and dried beans.
- *Pork* can be used for soups and tomato sauces.

Cooking Stock

Many kitchens used to keep a constant stock pot. It simmered on the range day and night and was added to as needed. This practice has largely been replaced by faster cooking methods. Too much cooking destroys food value and often creates a bitter flavor and cloudiness in the stock.

The best way to cook stock is to bring it to a boil and then immediately lower the heat so the liquid barely simmers. With this method the stock remains clear and keeps its nutritional value. If stock boils vigorously for a long time it becomes cloudy. Use a skimmer to remove scum from the surface.

A large, high-walled metal stock pot with a spigot is best for cooking. It saves time and labor, because with a spigot you can easily drain the stock into other containers. A stock pot usually is twice as high as it is wide.



Information Sheet 2 (continued)
Stock

All kinds of leftovers are added to brown stocks during cooking: roast pork bones, tomato ends or overripe tomatoes, other bits of vegetables, bone and meat trimmings. Leftovers help maintain nutritional value and aid in cost control. All ingredients must be clean and wholesome to produce a high-quality stock.

Mirepoix is also added to stocks for flavor. It consists of about two parts onions, one part celery, and one part carrots. It should be added during the last hour of cooking. This will allow enough time for the flavor to be extracted but will not cause the mirepoix to disintegrate and produce cloudiness.

Stocks should never be salted, since they are seldom used in their original form. But you can add a bouquet garni or sachet to enhance the flavor. Use a meat saw to cut meat bones into three- or four-inch pieces, or order bones pre-cut from a butcher. More flavor can be extracted from smaller pieces of bone than from larger pieces.

Activity 2
Stock

Directions

On a separate sheet of paper, choose the best answer and write out the complete statement

DO NOT WRITE IN THIS LAP

1. _____ are the base for nearly all soups and sauces.

   seasonings
   meats
   stocks
   meat juices

2. In stock cooking, you try to _____ the flavor by trapping the juices from the foods in the cooking liquid.

   reduce
   extract
   condense
   dilute

3. _____ (is, are) the main ingredient in brown stock.

   pork
   beef
   pork bones
   beef bones

4. _____ stock may be extracted from nearly any combination of beef, veal, or poultry bones that have *not* been browned.

   beef
   white
   brown
   red

5. Vegetable stock is made from combinations of _____ .

   some poultry with lots of vegetables
   white stock with vegetables
   vegetables and seasonings
   vegetables and brown stock

6. Fish stock is made by _____ fish or shellfish in water.

   poaching
   condensing
   boiling
   stewing

Activity 2 (continued)
Stock

7. All ingredients for stocks _____ to produce a high-quality product.

   should come from prime cuts
   must be clean and wholesome
   should be young and tender
   all of the above

8. Stocks should _____ since they are seldom used in their original form.

   never be seasoned
   never be salted
   never be seasoned or salted
   always be salted

9. More flavor can be extracted from _____ pieces of bone.

   small
   large
   hard
   soft

10. If stock boils vigorously for a long time it becomes _____.

    more flavorful
    cloudy
    thinner
    clarified

11. To save time and labor in handling stock, use _____.

    large ladles with handles
    saucepans with spouts
    pots with spigots
    pots with handles

12. Bones used in brown stock are browned to add _____ and _____.

    color, flavor
    clarity, flavor
    seasoning, clarity
    color, body

Check your answers in the back of this LAP. If you missed any, review Information Sheet 2.

Information Sheet 3
Preparing the Major Stocks*

All well-prepared stocks should taste fresh and be free of scum and fat when they are ready to be used. They should be stored at 38° to 45°F.

Brown Stock

To prepare brown stock, first brown or roast a portion of the meat or bones; this will add flavor and color to the stock. Be sure not to scorch the meat, and be sure to pour off any grease that develops.

Bones, especially marrow bones, have an important role in stock making. Use a small amount of bones to get a thinner consistency. A large amount of bones will thicken the stock and make it gluey. Thick stock should be used only for gravies and sauces.

Place the bones in a stock pot and add water. To keep the flavor of the extracted juices, let the stock simmer over steady low heat for three to six hours. Add mirepoix during the last hour of cooking. (A pressure pot or steam pot will speed the cooking, but may be less effective in extracting flavor.) As the stock heats, a heavy scum will rise to the top and should be removed.

White Stock

White stock is made basically the same way as brown stock. The only difference is that white stock uses *unbrowned* meat or meat trimmings (veal, beef, or poultry). Chicken is used most often; it requires only three hours of cooking time.

Fish Stock

To prepare fish sauces or soups, you need a special fish stock. Place a shellfish or the carcass of a fish (the bones, tail, and head) in the stock pot. Remove all fish blood, since it leaves a bad, oily taste. Fill the pot with the amount of water you need for soup or sauce. Bring the water to a boil, lower the heat, and add cut vegetables. Fish stock gains in flavor if you add parsley, fresh mushrooms, and wine. (Wine, however, is not used in some recipes, such as chowder.) All the flavor in fish bones will be extracted within 30 to 50 minutes—much faster than with other bones. The flavor of the stock is fairly weak; sauces and soups made from fish stock have to be strengthened with other ingredients named in the recipes.

Vegetable Stock

Vegetable stock is most often used as a base for making cream of vegetable soup. To make vegetable stock, prepare vegetables as you would for eating, or use leftover cooked vegetables and shorten the cooking time.

*Information and a practice checklist on clarifying stocks may be found in LAP 5.10b, *Preparing Soups*.

Information Sheet 3 (continued)
Preparing the Major Stocks

Wash, scrape, or pare the uncooked vegetables as needed, and remove bruised or bad portions. The water level in the pot should be twice as high as the level of the vegetables. Bring the water to a boil, then simmer the vegetables for 1½ hours or until they are very tender.

For faster cooking and more flavor, liquify the vegetables in a blender before cooking. Be sure to taste the vegetable liquid you reserve for stock. Make certain it isn't too bitter. Green celery tops, for example, become bitter through long cooking, while the tender yellow leaves do not. Also, celery often is so heavily sprayed with pesticide that the outer leaves and tops may taste of chemicals.

Balance the amounts and kinds of vegetables with other stock flavors. Some vegetables tone down flavor; others, such as tomatoes, can make the stock too acidic.

Activity 3A
Preparing Stocks

Directions

On a separate sheet of paper, choose the best answer and write out the complete statement.

DO NOT WRITE IN THIS LAP

1. In making brown stocks, _____ the meat or bones adds flavor and color.

   scorching
   browning
   salting
   seasoning

2. When using cooked meat for stocks, first _____.

   pour off any grease
   slice off fat
   remove all bones
   all of the above

3. If too _____ used, the stock will become thick and gluey.

   much salt is
   much flour is
   many marrow bones are
   many thin bones are

4. Brown stock should be simmered in a regular stock pot _____.

   3 to 6 hours
   about 1½ hours
   30 to 50 minutes
   1 hour per pound of bone and meat

5. White stock is prepared like brown stock except _____.

   a different type of meat is used
   you don't brown the meat
   there is less cooking time
   all of the above

6. White stock should be simmered in a regular stock pot _____.

   3 to 6 hours
   about 1½ hours
   30 to 50 minutes
   1 hour per pound of bone and meat

Activity 3A (continued)
Preparing Stocks

7. For fish stock, _____ must be removed or there will be a bad, oily taste.

   fish blood
   fish heads
   fish skin
   all of the above

8. Fish stock should be cooked in a regular stock pot _____.

   3 to 6 hours
   about 1½ hours
   30 to 50 minutes
   1 hour per pound of bone and meat

9. For vegetable stock, the water level should be _____ as high as the level of the vegetables.

   half
   twice
   three times
   four times

10. It is very important to _____ the vegetable liquid you reserve.

    clarify
    strain
    taste
    blend

Check your answers in the back of this LAP. If you missed any, review Information Sheet 3.

Activity 3B
Practice Checklist: Cook Stock

Directions

Write down the steps and standards for evaluation for this task **on a separate sheet of paper.** Then, ask your instructor for the recipe, tools, equipment, and ingredients you will need to practice this skill. FOLLOW THE STEPS CAREFULLY. You may want to look at the information in the LAP to help you perform the task.

Steps:

✔	
	1. Read the recipe and make any necessary changes.
	2. Wash your hands.
	3. Organize your work area for efficient preparation by assembling all ingredients and utensils near the stove. You need: recipe ingredients; a sachet; cleaver and French knife; roasting pan (for brown stock); skimmer; two stock pots with spigots; china cap; and cheesecloth.
	4. Cut bones (if any) into pieces from 4 to 6 inches long.
	5. Cut mirepoix vegetables into medium-size pieces.
	6. Prepare seasonings. Make bouquet garni or sachet if called for in recipe. DO NOT SALT.
	7. FOR BROWN STOCK ONLY: Place bones in a roasting pan and brown in the oven at 400°F. Pour off grease. Add mirepoix and continue to brown.
	8. Place bones in the stock pot and add water.
	9. Bring to a quick boil.
	10. Skim off all scum from the surface with a skimmer.
	11. Simmer for the length of time given in the recipe.
	12. Add mirepoix (vegetables) and seasonings during the last hour of simmering.
	13. At the end of the cooking time, raise the heat and bring the stock to the boiling point (212°F).
	14. Remove from heat. Open the spigot and drain the stock into another stock pot through a china cap covered with cheesecloth (or use a fine sieve). Or, if there is no spigot, strain through a colander to remove large pieces of bones and mirepoix, then pour through the china cap or sieve.
	15. Do a taste test.
	16. Cool and store the stock.
	17. Clean and sanitize the work area, utensils, and equipment.

Standards for Evaluation

✔	
	1. Is the stock the correct color?
	2. Is the stock free of scum and food particles?
	3. Is it free of fat and grease?
	4. Is it free of salt?
	5. Does it have a rich, fresh flavor?

Information Sheet 4
Cooling and Storing Stocks

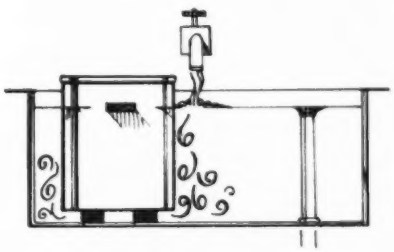
When stock is left at room temperature (60° to 90°F) for any length of time, bacteria will grow and eventually spoil it. So it is important to *reduce* the amount of time stock is exposed to room temperature. Cool hot foods as quickly as possible! Reheat cold foods as quickly as possible!

Most bacteria in a liquid are killed or inactivated by bringing the liquid to the boiling point (212°F). All stocks should quickly be brought to a boil as soon as cooking is finished, whether they are to be used immediately or stored.

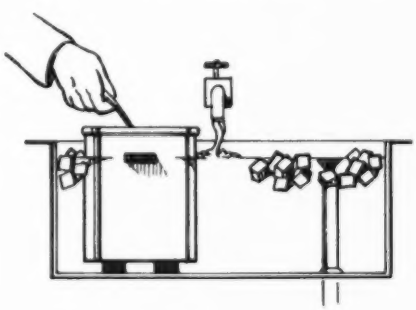
If stock is to be stored in a refrigerator, it should first be cooled as quickly as possible. If it is put directly into a refrigerator without first being cooled, the moisture from the steam may cause other foods to spoil.

These are the steps for cooling stock before storing it:

1. Place the stock pot in an empty sink on bricks or blocks so that cold water may circulate underneath and on all sides. Tie the handle of the stock pot securely to a nearby pipe or fixture, to prevent the pot from tipping over.

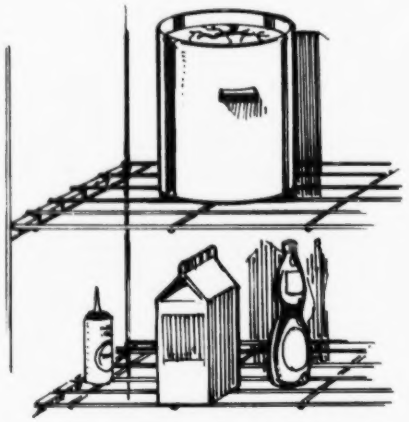


2. Install an overflow pipe and turn on the cold water. The water should flow constantly. This will bring down the temperature of the stock until it becomes cool enough to refrigerate. (If there is no overflow pipe, drain the water into another sink.) Ice may be added to the water to speed the cooling. Stir the stock now and then, so the heat is evenly distributed.



Information Sheet 4 (continued)
Cooling and Storing Stocks

3. When the stock is cooled, remove it from the sink and refrigerate it. Do not remove the fat that came to the top as the stock cooled. Under refrigeration the fat will congeal (harden) and form a protective coating. It is easy to remove the fat before reheating the stock. The fat may be discarded or saved for preparation of gravies and sauces.



Activity 4A
Cooling and Storing Stocks

Directions

On a separate sheet of paper, choose the best answer and write out the complete statement.

1. It is important to _____ the amount of time stock is exposed to room temperature.

   reduce
   add to
   write down
   increase

2. It is best to cool stock by _____.

   adding ice to it
   letting it cool at room temperature
   putting it in the refrigerator
   putting it in cold, flowing water

3. Cooling stock in the refrigerator _____.

   is the quickest way to cool it
   is the safest way to cool it
   may cause other foods to spoil
   may cause the stock to spoil

Check your answers in the back of this LAP. If you missed any, review Information Sheet 4.

Activity 4B

Practice Checklist: Cool and Store Stock

Directions

Write down the steps for this task **on a separate sheet of paper.** Then, ask your instructor for the tools, equipment, and ingredients you will need to practice this skill. FOLLOW THE STEPS CAREFULLY. You may want to look at the information in the LAP to help you perform the task.

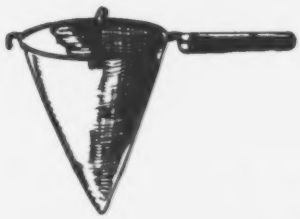
Steps

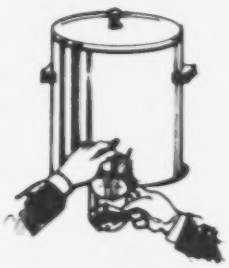
✔	
	1. Wash your hands.
	2. Assemble supplies near a double sink: three bricks or blocks, an overflow pipe, a small rope, several scoops of ice, a large spoon, a towel, and the stock pot and cover.
	3. Place the bricks in a triangle in the sink.
	4. Place the stock pot, uncovered, on the bricks. Make sure it will not wobble. Tie it to the faucet pipe.
	5. Install the overflow pipe so that water will drain into the next sink.
	6. Turn the cold water on high and fill the sink three-fourths of the way. (Use less water if there is only a small amount of stock.)
	7. Turn the water pressure down to a thin stream.
	8. Add ice to the water.
	9. Stir the stock occasionally.
	10. If the ice melts before the stock is cool, add more.
	11. Test the stock occasionally until it feels cool to the touch.
	12. Drain the water from the sink.
	13. Remove the stock pot and dry it.
	14. Do not remove fat from the top of the stock until the stock is ready for use.
	15. Place the cover on the stock pot.
	16. Place the stock in the coldest part of the refrigerator.*
	17. Clean and sanitize the work area, utensils, and equipment.

*Before using the stock again, bring it to a rapid boil.

Answer Keys for Written Activities

Activity 1:
Matching Vocabulary Words





1. **extract**—to draw out, as flavor from food
2. **stock**—the liquid in which meat, poultry, or fish trimmings and bones, or vegetables have been cooked
3. **china cap**—a long, pointed metal strainer used for straining sauces, stocks, and soups
4. **sieve**—a fine wire-mesh strainer used for separating solid particles from liquids
5. **skimmer**—a flat, perforated disk with a long handle, used to remove grease or food particles that accumulate on the surface of stocks, soups, and sauces
6. **spigot**—a faucet; some stock pots have them
7. **sachet**—herbs and spices tied together in a cheesecloth bag and cooked with stocks and soups for flavoring
8. **bouquet garni**—stick-like herbs and spices tied together and cooked with stocks and soups for flavoring
9. **deglaze**—to add water to the crusted juices of browned meats so their flavor can be used
10. **mirepoix**—cleaned, rough-cut raw vegetables (usually onions, celery, and carrots) cooked with stocks and roasts and removed before service

Answer Keys for Written Activities (continued)

Activity 2:
Stock

1. **Stocks** are the base for nearly all soups and sauces.
2. In stock cooking, you try to **extract** the flavor by trapping the juices in the cooking liquid.
3. **Beef bones** are the main ingredient in brown stock.
4. **White** stock may be extracted from nearly any combination of beef, veal, or poultry bones that have *not* been browned.
5. Vegetable stock is made from combinations of **vegetables and seasonings**.
6. Fish stock is made by **poaching** fish or shellfish in water.
7. All ingredients for stocks **must be clean and wholesome** to produce a high-quality product.
8. Stocks should **never be salted**.
9. More flavor can be extracted from **small** pieces of bone.
10. If stock boils vigorously for extended periods it becomes **cloudy**.
11. To save time and labor in handling stock, use **pots with spigots.**
12. Bones used in brown stock are browned to add **color** and **flavor**.

Activity 3A:
Preparing Stocks

1. In making brown stocks, **browning** the meat or bones adds flavor and color.
2. When using cooked meat for stocks, first **pour off any grease**.
3. If too **many marrow bones are** used, the stock will become thick.
4. Brown stock should be simmered in a regular stock pot **3 to 6 hours**.
5. White stock is prepared like brown stock except **you don't brown the meat**.
6. White stock should be simmered in a regular stock pot **3 to 6 hours**.
7. For fish stock, **fish blood** must be removed or there will be a bad, oily taste.

Answer Keys for Written Activities (continued)

8. Fish stock should be cooked in a regular stock pot **30 to 50 minutes**.
9. For vegetable stock, the water level should be **twice** as high as the level of the vegetables.
10. It is very important to **taste** the vegetable liquid you reserve.

Activity 4A:
Cooling and Storing Stocks

1. It is important to **reduce** the amount of time stock is exposed to room temperature.
2. It is best to cool stock by **putting it in cold, flowing water**.
3. Cooling stock in the refrigerator **may cause other foods to spoil**.

State of Florida
Department of Education
Ralph D. Turlington, Commissioner of Education
Tallahassee, Florida
Affirmative action/equal opportunity employer

Division of Vocational, Adult, and Community Education

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INSTRUCTOR'S GUIDE
LAP
5.10a

Preparing Stocks

Basic Food Preparation

Sponsored and published by:
Florida Department of Education
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For further information, contact:
Research Coordinating Unit
Bureau of Program Improvement
Division of Vocational, Adult, and Community Education
Department of Education
Knott Building
Tallahassee, FL 32301

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COMMERCIAL FOODS AND CULINARY ARTS COMPETENCY-BASED SERIES

INSTRUCTOR'S
GUIDE
LAP
5.10a

Preparing Stocks

Basic Food Preparation

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Ralph D. Turlington, Commissioner of Education
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Romeo Massey, Project Manager

Catherine P. Fulford, Shahrokh Massoudi, Hilary L. Morris, and Margaret Van Every, Instructional Designers

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Instructional Matrix

Directions If you want to use only part of the materials in this LAP, use this matrix to help you select what you need.

Objectives	Instructional Materials	Practice and Feedback	Evaluation
Knowledge Objectives	**Information Sheets**	**Written Activities**	**Written Test Items**
1. Match a list of vocabulary words with their definitions. (At least 9 out of 10 must be correct.)	1: Vocabulary	1: Matching Vocabulary Words	Part I: 1-10
2. Choose the correct phrases to complete multiple choice statements about stocks. (At least 10 out of 12 must be correct.)	2: Stock	2: Stock	Part II: 1-12
3. Choose the correct phrases to complete multiple choice statements about preparing stocks. (At least 9 out of 10 must be correct.)	3: Preparing the Major Stocks	3A: Preparing Stocks	Part III: 1-10
4. Choose the correct phrases to complete multiple choice statements about cooling and storing stocks. (All 3 must be correct.)	4: Cooling and Storing Stocks	4A: Cooling and Storing Stocks	Part IV: 1-3
Skill Objectives	**Information Sheets**	**Practice Checklists**	**Skills Test Items**
1. Cook stock. The stock must be the correct color, free of scum and food particles, free of fat and grease, free of salt, and must have a rich fresh flavor.	3: Preparing the Major Stocks	3B: Cook Stock	Part I: 1-5
2. Cool and store stock.	4: Cooling and Storing Stocks	4B: Cool and Store Stocks	Part II: 1-3

Notes to the Instructor

General Notes

- This LAP is the first of two LAPs about stocks and soups.
- Complete this LAP before beginning LAP 5.10b.
- Information and a practice checklist on clarifying stocks may be found in LAP 5.10b, *Preparing Soups*.

OPPS

The materials in LAP 5.10a are related to or cover the following Florida OPPS (Occupational Proficiency Performance Standards):

Make stocks: chicken, beef, and fish.

V-TECS

The materials in LAP 5.10a are related to or cover the following areas of the Florida/V-TECS (Vocational-Technical Education Consortium of States) *Commerical Cook* catalog:

Duty: Preparing and Cooking Soups and Sauces

Task: Make stocks: chicken, beef, and fish.
Objective: Given recipe, stock pot or steam kettle, chicken, fish, beef portions, and/or bones, vegetables, seasonings, other stock ingredients, skimmer, strainer, cheesecloth, plastic holding containers, and roasting pan, prepare a chicken, beef, or fish stock. The stock must be clear, have a fresh flavor, and be free of fat and salt.

Career MAP

The materials in LAP 5.10a cover or are related to the following Commercial Foods and Culinary Arts Career MAP (Career *M*erit *A*chievement *P*lan) competencies:

Reconstitute powdered soups and sauces.
Prepare basic white stocks.
Store and handle stocks, soups, and sauces.
Prepare basic brown stocks.
Prepare fish stocks.

Special Needs

The following materials, which are related to or cover this subject, can be used for students who are educable mentally retarded/handicapped (EMR/EMH), or academically disadvantaged as an alternative to, or in addition to, this LAP.

Series: Career Related Instruction (CRI)
Occupational Cluster: Food Preparation and Service
Title: *Preparing and Serving Soups—Frozen, Canned, Dehydrated, from Recipe (Homemade)* (FPS FPO 3002)

Suggested Instructional Procedures

Individual Instruction

If you choose to have student(s) use this LAP as a self-paced, self-instructional unit, have the student(s) follow the learning steps in the LAP, as listed below.

Learning Steps in LAP 5.10a

1. Read and study **Information Sheet 1:** Vocabulary.
2. Complete **Activity 1:** Matching Vocabulary Words. Check your answers.
3. Read and study **Information Sheet 2:** Stock.
4. Complete **Activity 2:** Stock. Check your answers.
5. Read and study **Information Sheet 3:** Preparing the Major Stocks.
6. Complete **Activity 3A:** Preparing Stocks. Check your answers.
7. Complete **Activity 3B:** Practice Checklist—Cook Stock.
8. Read and study **Information Sheet 4:** Cooling and Storing Stocks.
9. Complete **Activity 4A:** Cooling and Storing Stocks. Check your answers.
10. Complete **Activity 4B:** Practice Checklist—Cool and Store Stock.
11. Get **Written Test 5.10a** from your instructor and complete it. If you are successful, go on to Step 12; if not, talk with your instructor.
12. Have your instructor evaluate you on **Skills Test 5.10a.** If you are successful, you have completed this LAP; if not, talk with your instructor.

Group Instruction

If you choose to use this LAP as a unit of instruction for more than one student, the following teaching steps are suggested.

Teaching Steps for LAP 5.10a

1. Discuss the purpose of LAP 5.10a.
2. Discuss the objectives in LAP 5.10a.
3. Discuss the vocabulary words with the group.

Suggested Instructional Procedures (continued)

4. Have each student read the information sheets and do the written activities in the LAP.
5. As a group, discuss stocks and their preparation.
6. Demonstrate cooking stock. Have students practice, with your assistance.
7. As a group, discuss cooling and storing stocks.
8. Demonstrate cooling and storing stock. Have the students practice, with your assistance.
9. Give the students **Written Test 5.10a** to complete. Evaluate the results, using the Answer Key in this Instructor's Guide. Make special arrangements for those who do not master this unit.
10. Use **Skills Test 5.10a** to evaluate each student. Assign students who do not master tasks satisfactorily to practice more in the kitchen, with some assistance.
11. Use the additional instructional activities/enrichment with the group or with individual students.

Additional Instructional Activities/Enrichment

Suggested Readings

Haines, Robert G. *Food Preparation for Hotels, Restaurants, and Cafeterias*. 2nd ed. Alsip, Ill.: American Technical Publishers, 1973, pp. 183–197.

Written Test 5.10a

I. Matching Vocabulary

Directions

Match each vocabulary word below with the correct definition. Write the letter of the definition in the blank beside the word.

Vocabulary Words

_____ (1) **skimmer**

_____ (2) **sieve**

_____ (3) **spigot**

_____ (4) **china cap**

_____ (5) **stock**

_____ (6) **sachet**

_____ (7) **extract**

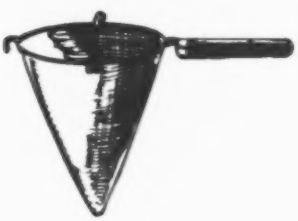
_____ (8) **mirepoix**

_____ (9) **deglaze**

_____ (10) **bouquet garni**

Definitions

a. herbs and spices tied together in a cheesecloth bag and cooked with stocks and soups for flavoring



b. a long, pointed metal strainer used for straining sauces, stocks, and soups

c. the liquid in which meat, poultry, or fish trimmings and bones, or vegetables have been cooked

d. a fine wire-mesh strainer used for separating solid particles from liquids

Written Test 5.10a (continued)
I. Matching Vocabulary

e. to draw out, as flavor from food

f. a faucet; some stock pots have them

g. to add water to the crusted juices of browned meats so their flavor can be used

h. cleaned, rough-cut raw vegetables (usually onions, celery, and carrots) cooked with stocks and roasts and removed before service

i. a flat, perforated disk with a long handle, used to remove grease or food particles that accumulate on the surface of stocks, soups, and sauces

j. stick-like herbs and spices tied together and cooked with stocks and soups for flavoring

Written Test 5.10a (continued)
II. Stock

Directions

Read the following statements. Circle the letter of the word or phrase that best completes each statement.

1. When cooking stock, you try to _____ the flavor by trapping the juices from the foods in the cooking liquid.

   a. reduce
   b. dilute
   c. condense
   d. extract

2. Use _____ to save time and labor in handling stock.

   a. pots with handles
   b. large ladles with handles
   c. saucepans with spouts
   d. pots with spigots

3. To produce a high-quality product, all ingredients for stocks _____.

   a. should come from prime cuts
   b. should be young and tender
   c. must be clean and wholesome
   d. all of the above

4. The base for nearly all soups and sauces is provided by _____.

   a. meats
   b. stocks
   c. seasonings
   d. meat juices

5. To make fish stock you _____ fish and bones or shellfish in water.

   a. poach
   b. boil
   c. extract
   d. stew

6. To make vegetable stock you use a combination of _____.

   a. vegetables and brown stock
   b. vegetables and seasonings
   c. poultry and lots of vegetables
   d. white stock and vegetables

Written Test 5.10a (continued)
II. Stock

7. You can extract more flavor from _____ pieces of bone.

   a. larger
   b. smaller
   c. harder
   d. softer

8. Since they are seldom used in their original form, stocks should _____.

   a. always be salted
   b. never be seasoned or salted
   c. never be salted
   d. never be seasoned

9. When stock boils vigorously for a long time it becomes _____.

   a. cloudy
   b. clarified
   c. thinner
   d. more flavorful

10. The main ingredient(s) in brown stock (is, are) _____.

    a. pork
    b. beef
    c. beef bones
    d. pork bones

11. _____ stock may be extracted from nearly any combination of beef, veal, or poultry bones that have not been browned.

    a. brown
    b. beef
    c. white
    d. red

12. Bones used to make brown stock are browned to add _____ and _____.

    a. clarity, flavor
    b. clarity, seasoning
    c. color, body
    d. color, flavor

Written Test (continued)
III. Preparing Stocks

Directions

Read the following statements. Circle the letter of the word or phrase that best completes each statement.

1. White stock should be simmered in a regular stock pot _____.

   a. about 1½ hours
   b. 30 to 50 minutes
   c. 1 hour per pound of bone and meat
   d. 3 to 6 hours

2. _____ the meat or bones adds flavor and color to brown stocks.

   a. seasoning
   b. scorching
   c. salting
   d. browning

3. The water level should be _____ as high as the level of the vegetables for vegetable stock.

   a. four times
   b. three times
   c. twice
   d. half

4. Fish stock should be cooked in a regular stock pot _____.

   a. 3 to 6 hours
   b. 1 hour per pound of bone and meat
   c. 30 to 50 minutes
   d. about 1½ hours

5. _____ must be removed from fish stock or there will be a bad, oily taste.

   a. fish skin
   b. fish blood
   c. fish heads
   d. all of the above

6. _____ the vegetable liquid you reserve is very important.

   a. blending
   b. tasting
   c. straining
   d. clarifying

Written Test (continued)
III. Preparing Stocks

7. _____ before using cooked meat for stocks.

   a. slice off fat
   b. remove all bones
   c. pour off any grease
   d. all of the above

8. Stock may become thick and gluey if too _____ used.

   a. many beef bones are
   b. many marrow bones are
   c. much flour is
   d. much salt is

9. Brown stock should be simmered in a regular stock pot for _____.

   a. 1 hour per pound of bone and meat
   b. 30 to 50 minutes
   c. about 1½ hours
   d. 3 to 6 hours

10. _____ when you prepare white stock.

    a. the cooking time is different
    b. the type of meat is different
    c. you don't brown the meat
    d. all of the above

Written Test (continued)
IV. Cooling and Storing Stocks

Directions

Read the following statements. Circle the letter of the word or phrase that best completes each statement.

1. The amount of time stock is exposed to room temperature should be _____.

   a. increased
   b. written down
   c. added to
   d. reduced

2. Stock is best cooled by _____.

   a. putting it in cold, flowing water
   b. putting it in the refrigerator
   c. adding ice to it
   d. letting it cool at room temperature

3. Cooling stock in the refrigerator _____.

   a. is the safest way to cool it
   b. is the quickest way to cool it
   c. may cause the stock to spoil
   d. may cause other food to spoil

Answer Key for Written Test

Each section in the Written Test covers one objective and, therefore, should be evaluated separately. Criteria for evaluating each section are suggested below.

I. To master this objective, the student should answer 9 out of 10 items correctly.

1. i
2. d
3. f
4. b
5. c
6. a
7. e
8. h
9. g
10. j

II. To master this objective, the student should answer 10 out of 12 items correctly.

1. d
2. d
3. c
4. b
5. a
6. b
7. b
8. c
9. a
10. c
11. c
12. d

III. To master this objective, the student should answer 9 out of 10 items correctly.

1. d
2. d
3. c
4. c
5. b
6. b
7. c
8. b
9. d
10. c

IV. To master this objective, the student should answer all of these correctly.

1. d
2. a
3. d

Skills Test 5.10a
Preparing Stocks

Student's Name _____ Date _____

The Student Can:	Yes	No
I. Cook Stock.		
1. Organized work area for efficient preparation before beginning.	___	___
2. Followed recipe correctly.	___	___
3. Followed procedures correctly.	___	___
4. Produced an acceptable product. Criteria: Is the stock the correct color? Is the stock free of scum and food particles? Is it free of fat and grease? Is it free of salt? Does it have a rich, fresh flavor?	___	___
5. Cleaned work area well.	___	___
II. Cool and store stock.		
1. Organized work area for efficient preparation before beginning.	___	___
2. Followed procedures correctly.	___	___
3. Cleaned work area well.	___	___

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